

Gestational Diabetes (AK 31 - USDA 302)

Explain to Participant

You're enrolled in the WIC program today because you are pregnant and have been diagnosed with gestational diabetes. Gestational diabetes increases the risk for complications during pregnancy and your baby is at risk of being born large and/or with hypoglycemia.

Goal

The goal is to get your blood sugar under control. A healthy diet with limited concentrated sweets for the duration of your pregnancy will help you control your blood sugars.

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.
 Keep your follow-up appointments.
 Eat a variety of foods from all the food groups every day.
 Avoid candies, cookies, baked goods, juice, soda and any concentrated sweets
 Choose fruits, vegetables, whole grains and low fat dairy foods.
 Ask your health care provider about exercise.
 Drink 8 glasses of water every day.

Nutrition Education
 Material Suggested

Gestational Diabetes and You

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Diabetes in Pregnancy